

## RITA outcomes reported by Care Homes Staffordshire County Council

In June 2021 Staffordshire County Council generously invested in a pilot of RITA for 36 care homes across the region. The following summary of outcomes has been produced following receipt of survey feedback received since the introduction of RITA. 38% (14 of the 36) care homes responded to the survey. These survey results were received in October 2022.

[Click on the image to open an expanded view of the table \(Internet required\)](#)

Oct-22	How often is your RITA system used?	Has the RITA system created a calmer environment & improved mental health and wellbeing?	Has residents engaging in group work actively resulted in greater stimulation and confidence?	Have you seen an improvement in food and fluid intake by residents using RITA?	Has the amount of challenging behaviours reduced since RITA was introduced?	Has RITA helped to reduce safeguarding incidents?	If applicable has RITA helped improve mental health and stimulation on return from hospital?	Has RITA helped to reduce incidents of falls / improved falls management?	Has the requirement for 1-1 reduced since RITA was introduced?
Rosevilla	Every Day	Yes	Very Effective	N/A	N/A	N/A	N/A	N/A	Yes
Samuel Hobson	Every Day	Yes	Very Effective	Yes	N/A	N/A	Very Effective	Yes	N/A
Essington Manor	Every Day	Yes	Very Effective	Yes	Yes	N/A	Effective	Yes	Yes
Abbey Court	Every other day	Yes	Very Effective	N/A	N/A	N/A	Somewhat Effective	Stayed the Same	No
The Old Vicarage	Every Day	Yes	Very Effective	N/A	Yes	N/A	N/A	Yes	Yes
Summerfields	Every Day	Yes	Very Effective	N/A	Yes	Yes	Yes	Stayed the Same	Yes
Bonehill Lodge	Every Day and Night	Yes	Very Effective	No	Stayed the Same	N/A	Effective	Stayed the Same	N/A
Limewood	Every Day	Yes	Extremely Effective	N/A	Yes	Yes	Extremely Effective	N/A	N/A
Agnes & Arthur	Every Day and Night	Yes	Very Effective	N/A	Yes	N/A	Extremely Effective	Stayed the Same	Yes
Florence House	Every Day and Night	Yes	Very Effective	No	N/A	No	N/A	Stayed the Same	N/A
The Shrubbery	Every Day	Yes	Very Effective	No	No	No	N/A	N/A	No
Manor House	Every Day	Yes	Extremely Effective	Yes	Yes	Yes	Very Effective	Yes	No
Brookside	Every Day	Yes	Very Effective	No	Yes	N/A	Very Effective	Stayed the Same	Yes
Ashview House	Every Day	Yes	Not so Effective	N/A	Yes	N/A	Not so Effective	N/A	No

- 100% of respondents stated that they use RITA every day or more.
- 100% of respondents stated that RITA had improved mental health and wellbeing.
- 92% of respondents stated that RITA is very effective or extremely effective at increasing the number of residents engaging in group work actively resulting in greater stimulation and confidence.
- 57% of respondents stated that RITA improved mental health and stimulation when returning from hospital.
- 57% of respondents stated that the number of challenging behaviours had reduced.
- 43% of respondents stated that there is better or much better engagement and interaction with family members since using RITA.
- 43% of respondents stated that the requirement for 1-1 had reduced.
- 29% of respondents stated that RITA had reduced incidents of and improved the management of Falls.
- 21% of respondents stated that they have seen an improvement in food and fluid intake by residents using RITA.

*“We have had many positive experiences since using the RITA system. I have had one to one engagement with residents using RITA, where we have explored their interests. Some residents have enjoyed choosing films to watch in their rooms, listened to favourite music, discussed reminiscence photos and videos with me and played the interactive games.”*

## Rose Villa

We have used RITA to play bingo in group settings, the residents have enjoyed the visual aspect of this. We have also used Reminiscence photos and videos in group settings. These have prompted many discussions amongst the residents who have enjoyed sharing their stories. Our residents have also used the RITA to choose music and have group sing a longs.

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The residents have always engaged well with the activities, and it always seems to lift their moods and prompt conversations.

## Samuel Hobson

Residents and staff together enjoy playing on the games and using the many functions of RITA.

RITA has helped food and fluid intake of residents who prefer to spend time alone in their rooms and it has supported them at mealtimes.

Residents who have been isolating due to covid 19 or other illness have been supported to use RITA on a one-to-one basis.

The RITA system is an amazing system that we use at Samuel Hobson House on a daily basis. It has improved staff and resident interaction massively.

## Essington Manor Care Home

We do quiz's mostly on our RITA. It helps boost confidence when they get the answers correct and we all applaud, and it also keeps them engaged. Also, if residents have been declining activities when they hear the noise and laughter and cheering, they'll wonder in and see what's going on, get a cup of tea get comfortable and stay and enjoy!

We always have tea and biscuits or fruit squash in the summer. We also sometimes invite residents with poor food intake to stay in activities and join us for lunch usually when they join us they'll eat happily.

RITA can have a great effect if we put music on films or paint we do yellow horses for instance, and they laugh at us.

Anyone returning from hospital will be offered the RITA to do a one to one in their rooms that can sometimes be a film afternoon or reminiscence afternoon to prevent isolation.

We have had less falls in the day and one who becomes unsettled we would bring the RITA out and do a one to one to distract them, so they settle.

Anyone that is unsettled at night would be brought to the lounge and a film would be put on to settle them and they seldom see the end of the film before falling asleep.

We love our RITA. We use it for our reminiscence sessions. We rarely finish a quiz because our RITA quiz sparks so many conversations we end up talking more than playing!

## Bonehill Lodge Residential Home

Residents all join in when they see others taking part and having fun which helps group activities.

Thank you for RITA it is used a lot here at Bonehill.

*"The RITA system is an amazing system that we use at Samuel Hobson House on a daily basis. It has improved staff and resident interaction massively."*

## The Old Vicarage

Our residents like the quiz, sing a longs and the exercises.

RITA calms a number of residents that used to walk with purpose in an afternoon.

Incidents that involved residents walking along the corridors have decreased and as such falls have decreased.

Family members join in with singing which makes visits more fun now because of RITA.

## Summerfield Care Home

Residents are able to enjoy films and music from an era they are familiar with through RITA.

Residents are engaged with activities on RITA which is a good distraction reducing challenging behaviours.

When engaged with RITA some residents are calmer and more distracted.

Games on RITA are a good resource for residents when recovering on a return from hospital.

Thank you for giving us the opportunity to have RITA for our residents who have benefited from this resource.

## Limewood

We have a pub quiz every Tuesday, bingo every Friday as a group. Group chats and reminiscence, smaller groups watch films in areas where there are no TVs.

Residents can be redirected with the choices on RITA including music, films, games and the TV clips which reduced challenging behaviours.

RITA helps with resident-on-resident incidents with reducing conflicts over what to watch on TV. Also, music preferences on RITA are used for individuals if they are not joining in a group session.

Relaxing music is often played if someone is poorly or is at the end of life, this also helps with massage. Helps entertain and keep mental stimulus if not able to get out of bed for a period of time.

Families have benefitted from RITA as residents can tell family members what they have done, and it opens discussions on things they have remembered or answers they have given.

RITA has been a great tool here at Limewood. It has provided fun for groups and individuals. We long to play bingo on a Friday, pub quiz on Tuesdays. Relaxing music in times when peace and calm is needed. Sometimes a resident may want to watch something different to another, RITA has given our residents this option.

The games are fun and easy to use, whack a mole is definitely a favourite here. We always have a giggle at the photo of Tom Jones on the album cover just before we belt out some karaoke!

Thank you we love our RITA.

*"All our families love our RITA system, they are very happy that it has been introduced in our home and are very excited to further explore what more it can do."*

## Agnes and Arthur

We have a resident that would not engage in any activities at all. He will now watch western films for periods of time, whereas before his concentration was minimal.

The RITA is quite effective with a lot of residents that may become bored, which then leads to agitation. For some of these residents (not all) there have been some changes

RITA has improved residents' stimulation overall and they engage in music and film sessions together, whereas before it would have been minimal interaction. I feel this is because we can move the RITA to the resident rather than having to move the resident to the lounge etc

## Florence House

Our residents love the sing a long, bingo and the movies in particular. We find we have more residents engaging in activities now. It is also a benefit to individual residents on a one-to-one basis, helping them to focus and engage in what is happening.

All our families love our RITA system, they are very happy that it has been introduced in our home and are very excited to further explore what more it can do.

We are so grateful that the RITA system has been given to us by Staffordshire County Council. We look forward to learning and exploring all the other options that are available on the RITA system and enjoying what it has to offer.

Resident's families and staff feel it is an asset to the support and engagement of all of us.

## Brookside Residential Care Home

RITA helps to keep a gentleman calm as he can use the RITA in his room when he doesn't want to mix with others.

Helps to calm and distract reducing challenging behaviours.

Helped to improve the mood of a resident on return from hospital and he was able to research interests and hobbies he once enjoyed.

## Ashview House

Our residents prefer to be alone when using RITA.

We have seen an improvement in behaviour as RITA is used as part of diversion techniques, e.g., one resident loves trains and when staff see this resident getting agitated they engage with RITA and show information, pictures of trains and engage in conversations with the resident.

RITA is a fabulous addition to our home and our residents and staff.

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